

## Illness Perception of Asthma Patients in Compliance with Pharmaceutical Care

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Illness perceptions can affect patient's self-management behavior, thus affecting asthma therapy outcomes. This study aims to test the correlation between asthma perception and the outcomes of the therapy. The design was a cross-sectional with purposive sampling technique. Data was obtained by direct interview using questionnaire and was presented descriptively, from 22 asthma patients. Results reveal significant differences between consequences, timeline, emotional response, understanding, and compliance. Illness perceptions of patients regarding the identity, cause of illness, and cure or control were appropriate, while concerning the consequences and timeline were still lacking. These shortcomings should be alleviated to support an optimal pharmaceutical care and improving the quality of life.

*Keywords:* asthma, illness perceptions, compliance

Persepsi terhadap penyakit asma dapat memengaruhi perilaku manajemen-diri pasien, sehingga memengaruhi hasil terapinya. Studi ini bertujuan melihat korelasi antara persepsi terhadap penyakit asma dan hasil terapi. Metode yang dipakai adalah belah silang dan teknik sampling bertujuan. Data diperoleh dari 22 pasien asma melalui wawancara langsung dan pengisian kuesioner. Terdapat perbedaan yang bermakna antara konsekuensi, perjalanan penyakit, respons emosional, pengertian dan kepatuhan pada perawatan farmasetis. Persepsi pasien terhadap penyakitnya menyangkut identitas, penyebab penyakit, dan penyembuhan atau pengendalian sesuai, sedangkan masih kurang terhadap konsekuensi dan perjalanan penyakit. Hal-hal yang masih kurang inilah yang perlu diatasi sehingga rawatan farmasetikal bisa optimal dalam memperbaiki kualitas hidupnya.

*Kata kunci:* asma, persepsi terhadap penyakit, kepatuhan

Asthma is a chronic inflammatory disorder of the respiratory tract which is often accompanied by symptoms of wheezing, shortness of breath, chest tightness, and cough. Asthma symptoms can actually be treated and controlled so that most patients can prevent the symptoms and exacerbations, and can move throughout the day. Based on data from WHO,  $\pm 15$  million people experiencing disability-adjusted life years (DALYs) every year due to asthma, representing 1% of the total global disease burden. Survey data also suggested asthma including 10 major causes of morbidity and mortality in Indonesia (Global Initiative for Asthma, 2011; Mangunrejo et al., 2004).

The outcomes of asthma therapy **is not** only determined by pulmonary function or other biomedical characteristics, but also from illness perceptions that

patients have, which is the patient's subjective belief and emotional response to the disease. Illness perceptions can affect behavior of patient's self-management, thus affecting the therapeutic outcomes. Many studies proved **that** illness perception **has a big share** to therapeutic outcomes, then the conclusion **that** illness perception reflecting **the** patient's personal control against **the** disease **to a** positive outcome, is asthma control (Kaptein et al., 2010). Therefore understanding patient's belief **in** health and illness and related behaviors are very important to **the** effectiveness of pharmaceutical care, to be used as strategy to improve the treatment compliance. Poor compliance to asthma treatment can lead to uncontrolled asthma symptoms throughout the day, activity limitations, it may even need a referral to the emergency unit (Dinwiddie and Muller, 2002; Cochrane et al., 1999; Harding and Taylor, 2002; Horne et al., 2007; Petrie and Weinman, 2006).

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